

# 10 Surprising Ways to Avoid Heart Disease

**82 million**

Americans suffer from some form of cardiovascular disease.

Approximately **1 in 4** Americans have heart related problems.



Heart disease is the most prevalent health issue in America. **Explore these 10 interesting facts to help keep your heart healthy and strong.**

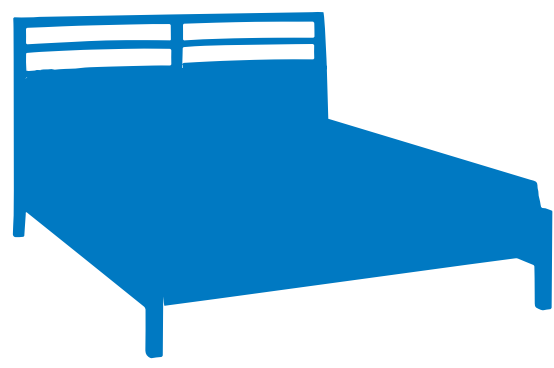
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## Unusual Tips for a Healthy Heart

### Get the perfect amount of sleep.

Too little sleep can put you at a 48% higher risk of developing heart disease, while sleeping too much gives you a 38% higher chance. The sweet spot? Between 7-8 hours.



### Snuggle.

Snuggling with a significant other can greatly reduce stress by releasing oxytocin, which helps to reduce blood pressure.

### Laugh a little.

A good laugh causes blood vessels to dilate by 22%, increasing blood flow & reducing blood pressure.



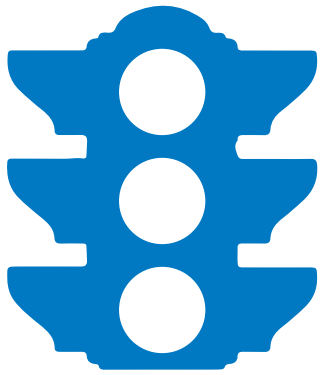
### Drop the remote.

Those that sit in front of the television for 4+ hours a day are 80% more likely to die from heart disease.



### Caffeinate.

Coffee has been linked to lower risks for heart rhythm issues. 1-3 cups of coffee a day can lead to a 20% decrease in hospitalizations for abnormal heart rhythms.



### Steer clear of traffic.

Studies show that for every 10 decibels of added roadway traffic noise, the risk of heart attack increases by 12%.

### Bring Fido home.

Dogs can be a heart's best friend. People who have dogs have reported lower blood pressure numbers, less stress and weight loss benefits.

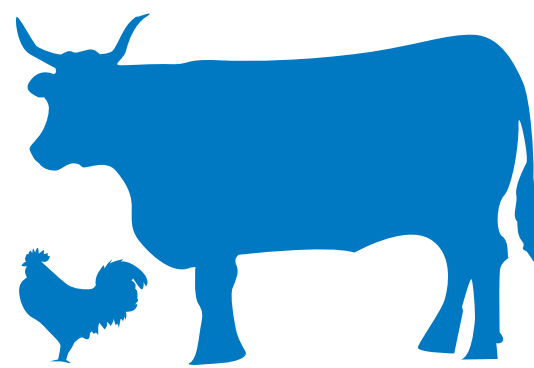


### Find "the one".

Marriage has shown a positive correlation with a healthy heart. For women, 10 years of continuous marriage has been correlated to a 13% decrease in cardiovascular risk.

### Save the animals.

Recent studies link vegetarianism with a 32% decrease in heart disease risk.



### Visit the water cooler.

Sitting for the better part of a day can significantly increase chances of heart disease, regardless if you exercise afterwards. Visiting the water fountain throughout the day provides a nice break from sitting and keeps you hydrated.



### Sources:

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